

Abstract

Title: The effect of a short-term intervention program for development of sprint and agility in soccer players (U16)

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Objectives: The aim of the thesis is to verify the effectiveness of two different short-term intervention programs in the development of speed-power abilities in young soccer players (U16).

Methods: The research sample included soccer players (16 year old; $n=22$; $15,2\pm0,3$ years) from the highest competitive level in the Czech Republic. For the interventional effect verification we used tests without the ball (sprint on 5, 10 and 30 meters, Illinois Agility Test, Yo-Yo IRT 2, six jump alternately) and with the ball (sprint on 5, 10 and 30 meters, Illinois Agility Test). Data analysis was performed by using IBM SPSS software Statistics 24.

Results: Both groups of players improved in the agility test ($r = 0.32$; $r = 0.40$), but these improvements were not statistically significant ($p = 0.16$; $p = 0.06$). Group 2 (runs) improved in the ball agility test ($p = 0.02$; $r = 0.49$). Both groups were improved in a six jump strength test (group 1 $p = 0.02$; $r = 0.51$; group 2 $p = 0.08$; $r = 0.32$), but in group 2 improvement was not statistically significant. Both groups were improved in Yo-Yo IRT2 speed endurance (group 1 $p = 0.09$; $r = 0.36$; group 2 $p = 0.01$; $r = 0.59$), but in group 1 (SSG) improvement was not statistically significant. In the sprint of 5, 10 and 30m we did not see any improvement in either group. The results indicate that the interventions chosen can lead to increased performance in agility, agility with the ball, and in the strength and speed endurance component.

Keywords: Agility, speed, small-sided games, intervention, young, soccer